Abstract

Objectives: To identify the prevalence of burnout syndrome (BS) dimensions and their relationship with sociodemographic data, working variables, psychosocial variables, job satisfaction, hardiness, self-efficacy, and common mental disorders among health professionals of a public hospital. Method: This cross-sectional study assessed 234 health professionals working at a public hospital in southern Brazil. Participants answered the Maslach Burnout Inventory, the Job Satisfaction Questionnaire, the Hardiness Scale, The General Self-Efficacy Scale, the Self-Reporting Questionnaire, and a questionnaire specifically designed for the present study to assess sociodemographic and variables related to work. Data were analyzed using descriptive and inferential statistics. Results: An association was identified between the three dimensions of BS and sociodemographic data, variables related to work, psychosocial variables, hardy personality traits, and common mental disorders. Conclusion: The study allowed to define a risk profile for BS, namely male, young, undergraduate workers, with a low income, who see a large number of patients per day, physicians, government employees, absence of commitment, control and challenge (hardy personality traits), low self-efficacy, job dissatisfaction, presence of common mental disorders, and intention to change career, institution, or position at current institution.

Keywords

Psychological stress, health personnel, occupational health.